

Quick guide ACS100 SmartWatch

Turning on and off:

Press the unlock button (3) **and** the top left button (2) for 1 second to turn the Smart Watch on. To turn off, press the same buttons for about 3 seconds.

Modes:

Scrolling through the different modes can be done by pressing the unlock button (3) and turning the menu dial (9) until the desired mode is shown in the bottom left corner of the screen.

Watch mode (simple timing):

The two top buttons (1 and 2) both can control 1 stopwatch. To start a stopwatch short press the appropriate button. To start both stopwatches simultaneously, long press (>0.5 sec.) the right top button (1). Splits can be taken by short pressing the appropriate button, to stop timing long press the appropriate button. To measure a swimmer's stroke rate while timing, short press the top left button (2) at the instances a stroke sequence begins (e.g. hand entry). And then repeat 2 more presses at every stroke measuring point. At the end of a lap this will generate a distance per stroke as well. More details in section 2 of the ACS100 User Manual.

Interval mode:

To start short press the top right button (1), this will (in combination with the speaker unit) announce "take your marks", or short press the top left button (2) for starting beeps. To adjust the interval time press the unlock button (3) and turn the select dial (8) until the desired interval time is shown in the bottom right corner. To split short press the top left (2) or right button (1), to stop the interval training long press the top right button (1). To pause the training long press the top left button (2). More details in section 4 of the ACS100 User Manual.

Race mode:

This mode is used in combination with the speaker unit. To blow the starters whistle, short press the top left button (2). To announce "Take your marks" short press the top right button (1), a following short press on the same button will start the race. To stop the timing long press the top right or top left button. The default race setting is 'Single', this stops the timing after one short press on the top right or top left button. Other settings are 'Splits' for splitting times, 'Sprint' for athletic events, 'Distance' for e.g. Cross Country and 'Horn' for open water events. For changing the setting press the unlock button (3) and twist the top right button. More details in section 3 of the ACS100 User Manual.

Pace mode:

In this mode athletes can train at a target time cycle with periodic recovery or at a target race pace. To adjust the cycle time twist the top left button (2), to adjust the target time twist the top right button (1). Starting, splitting and stopping is the same as in interval mode. More details in section 5 of the ACS100 User Manual.

Speed mode:

In this mode you can monitor the speed of one swimmer. At the start of the race press the top right button (2), when the swimmer's head passes the 15 mtr mark press again, repeat this for the 25, 35 and 50 mtr mark (or just 15 and 25 in a 25 mtr pool). The speed will appear in the small font on the stopwatch, and can be watched in graph mode when the timer is stopped. When stroke rate is taken (same as in Watch Mode) the distance per stroke is calculated as well. More details in section 6 of the ACS100 User Manual.

Other modes:

For more detailed information on the above described modes, or other modes (beep test, graph, splits, setup, group), please refer to the ACS100 User Manual.

